

## Impact of hormone Replacement therapy on stroke, and dementia due to Alzheimer's disease on menopausal women

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### Abstrak

Akibat kekurangan estrogen pada wanita menopause timbullah berbagai masalah kesehatan. Gangguan susunan saraf pusat seperti stroke dan Alzheimer sering ditemukan pada wanita menopause. Estrogen sangat berperan memicu regulasi pertumbuhan sel-sel neuron dan memiliki juga khasiat sinaptogenik yang meningkatkan fungsi memori. Terapi sulih hormon (TSH) menurunkan risiko stroke hingga 30% dan mengurangi risiko kematian karena stroke hingga 60%. Terapi sulih hormon mempengaruhi fungsi memori wanita menopause dan menurunkan risiko timbulnya demensia. Wanita yang mendapatkan TSH menunjukkan peningkatan fungsi memori dan dapat menjawab soal-soal dengan lebih baik dibandingkan wanita yang mendapatkan plasebo. Perdarahan pervaginam merupakan keluhan terbanyak bagi wanita dengan TSH kombinasi. (Med J Indones 2002; 11: 246-9)

*As a result of estrogen deficiency in menopausal women various health problems occur. Disorders of central nervous system such as stroke and dementia due to Alzheimer's disease are frequently encountered in menopausal women. Estrogen plays an important role in the maintenance of the dense network of neural fibres connecting one nerve cell to another, and in the synaptic activity facilitating cognitive thought and memory. Hormone replacement therapy (HRT) reduced the risk of stroke by 30 % and a reduction of 60 % in risk of stroke mortality. The HRT influence cognitive functioning in menopausal women and may reduce the risk of developing dementia. Women who received HRT performed better on several tests of memory and logical reasoning than women taking placebo. Vaginal bleeding episodes constitute the major cause of women's dissatisfaction with combined HRT. (Med J Indones 2002; 11: 246-9)*